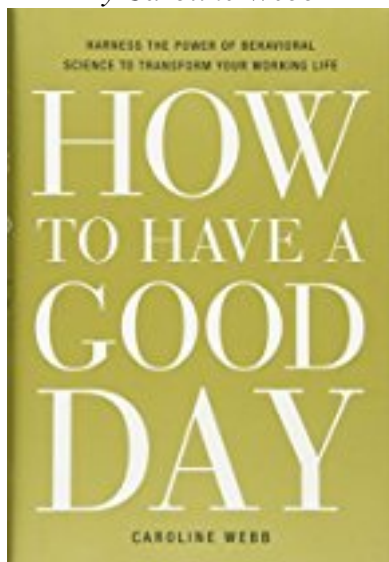


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In *How to Have a Good Day*, economist and former McKinsey partner Caroline Webb shows readers how to use recent findings from behavioral economics, psychology, and neuroscience to transform our

approach to everyday working life.

Advances in behavioral sciences are giving us an ever better understanding of how our brains work, why we make the choices we do, and what it takes for us to be at our best. But it has not always been easy to see how t

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